



Dracut Council on Aging Newsletter

DECEMBER 2013

951 Mammoth Road · 978-957-2611 · Fax 978-957-6442

Editor, Joyce H. Shadan

Website: www.dracut-ma.us

E-Mail: councilonaging@dracut-ma.us

New England living is at its' best during the holiday season. Many folks take much pride and pleasure when decorating their homes in December. From the traditional style of swags and wreaths fashioned from fragrant greenery to the more modern look of inflated Santas, snowmen and reindeer on the front lawn. A common thread though is the stringed lights on the trees and shrubs creating a cottage like silhouette against the night sky.

One of our favorite holiday pass times is to travel the snow covered main streets and back roads to take in New England's holiday decorations and to catch a glimpse of the holiday tree through the candle lit windows. Or we might enjoy a sing-a-long while sipping on a bit of eggnog as we reminisce on holidays past. We will do all that this month and more. We will also learn ways how to stay safe in the winter months with Willow Manor' talk on winter safety on Thursday the 12th at 10 am. Our sing-a-long and video on Christmas Lights will include refreshments and door prizes on Thursday the 19th at 10 am. The MVNP Site special meal of Soup and Sandwich is on Tuesday the 17th at 11:30. Home for Christmas: A Golden Christmas 3 is the movie of the month on Tuesday the 10th at 12 noon with a lunch of Chicken L'Orange being served at 11:30. The Town of Dracut's Property Tax Work off Program begins and applications will be taken at the senior center. The program offers help with property taxes by working in a town office for 62.5 hours you can then receive \$500 of your property tax bill. For more info please see inside this issue. Friday Quick trips will take us shopping, out for lunch and to the movies. On the 13th the quick trip will take place later in the day for a memorable drive to view the local area's holiday's displays in the evening. It's all in the spirit of the season. Gathering with friends, exchanging greetings of good cheer and enjoying winter's finest phase. Come by and relax, enjoy a fun month at the senior center which has been beautifully decorated for you. At the Dracut Council on Aging, Dracut center for healthy aging.

Happy Holidays,
Joyce Shadan

COUNCIL ON AGING STAFF

=====

Joyce H. Shadan,
Executive Director
Judy Gilbert, *Social Services*
Volunteer Coordinator
Donna Houston
Outreach Coordinator
Pat Cahill
Clerk/Bookkeeper
Alma Reeves,
Administrative Assistant
Anita Chartier, *Bus Driver*
Russ Lahaise, *Bus Driver*
Charlene Bennett, *Bus Driver*
Gertrude Frechette, *Custodian*
Bob Houston, *Custodian*
Monica Gagne, *Greeter, CII*

NUTRITION PROGRAM

Debra Lasorsa, Site Manager
Donna Campbell, Site Aide

COUNCIL ON AGING BOARD

Pat Merrill, *Chairperson*
Ann Casey, *Vice Chairperson*
Mary Jo Sudol, *Treasurer*
Renee Espinola, *Secretary*

MEMBERS

William O'Neill
Chet Pater
Gerald Surprenant
Lt. Mike Fleury
Louis Darvirris
Omer Matte

Senior Center Hours
Monday through Friday
8:00 am to 4:00 pm
Second and Fourth
Monday open till 6pm

Quotes from one of my favorite Christmas movie...

"It's a Wonderful Life"

*"Strange, isn't it? Each man's life touches so many other lives.

When he isn't around he leaves an awful hole, doesn't he?"

*Look Daddy! Teacher says every time a bell rings an angel gets his wings!"

"Dear George, Remember, no man is a failure who has friends.

Thanks for the wings, Love Clarence."

Thank you all for another Wonderful Year!

Merry Christmas

Donna Houston, Outreach Coordinator

Wishing all a happy, safe and healthy holiday season.

Judy Gilbert , Social Services/ Volunteer Coordinator

MERRIMACK VALLEY NUTRITION

A hot nutritious lunch is served Monday thru Friday at the senior center. Anyone age 60 or over is welcome.

Reserve at least two mornings in advance by calling Debbie Lasorsa between 9:00 am and 12:30 pm.at

978-957-2611. Meals are served at the center at 11:30 am. \$2.00 donation. **Meals on Wheels** are available

to eligible homebound seniors Monday thru Friday.

Call 1-800-892-0890 ask for meal on wheels.

Driver's urgently needed for the Meals on Wheels Program. Training will be given to drivers on each route. A stipend is given to drivers.

Total time involved is between 1 & 1 1/2 hours. Please stop by the center or call **Debbie at A NEW PHONE NUMBER—978-957-2611**

Dracut Senior Center

NEW: Extended Hours . The second and fourth Monday of each month open till 6pm.

For December 9 & 16th, open 4- 6pm.

Learn more about our programs, services and events.

Get information on SHINE, Transportation, Food Stamps, Needy Meds, File of Life, 911 Applications, Medical Equipment Loan Program, Meals on Wheels. Fuel Assistance, AARP Tax Prep, COA Library. Other general information and volunteer opportunities. Call Donna Houston for appointment at 978-957-2611

**SEEKING SUBSTITUTE DRIVER FOR
DRACUT COUNCIL ON AGING
Contact William Zounes, Human Resource**

978-453-9492 humanresources@dracut-ma.us

TRANSPORTATION PROGRAM

The DCOA & LRTA offers roadrunner service for Dracut residents. Roadrunner service includes to and from the senior center; food shopping, adult social day-care, hair salons, barber shops, quick trips, CVS, Wal-mart*, banking, nursing home visits & other locations. The fare is \$1 each way and **bus ticket for 20 rides are \$18. You may purchase bus ticket from bus driver.** Quick trips are \$3.00 round trip.

MEDICAL APPOINTMENTS

Monday through Friday 9AM to 2PM

Lowell \$2.00 each way; Dracut \$1.00 each way

Tewksbury, Harvard Vanguard, Research Place, Lowell VA & Village Square Chelmsford -\$3.00 one way;

\$5.00 round trip. As a courtesy to other riders the bus will only wait 5 minutes upon pickup. **Curb-side only**

Everyone must be picked up before 2PM

Please reserve your ride with us as soon as you make your medical appointment. You must be ready for pick up one hour before your scheduled appointment.

VOLUNTEER PROGRAMS

Dracut Council on Aging Volunteers serve in a variety of ways according to personal preferences and abilities .Find out what may be available for you. RSVP (CTI) retired people 55 and over needed in a diverse range of volunteer activities. SCP (CTI) Senior Companions provide one to one compassion and support to older adults who need special assistance. FGP Foster Grandparent Program, volunteer in schools, daycare and Head Start facilities and after school programs. They work with children who need extra help and attention to thrive and succeed. Dracut public schools would like to have more FGP volunteers in their classes. Learn about opportunities and benefits with CTI's volunteer program. **Please call Judy Gilbert at 978-957-2611 or stop by the center.**

ALTERNATIVE FORMATS: To obtain this document in an alternative format (Braille, large print) or to make a reasonable accommodation (hearing device, signer, etc.), please contact A.D.A. Officer William Zounes at 978-453-9492

SHINE

(Serving Health Information Needs of Elders)

The SHINE program provides free, impartial health insurance information, assistance and counseling to Medicare beneficiaries. SHINE counselor Jill O'Sullivan will be available **on Wed. Dec. 18th**. Please make your appointment at the office by calling. 978-957-2611

FILE OF LIFE REMINDER

The File of Life is a magnetic card that contains pertinent emergency medical information. Free to Dracut seniors 60 years and older. Contact Donna Houston.

Health Clinics

Dracut Council on Aging 951 Mammoth Road

Nancy Harding, RN from the VNA
Every Thursday from 1:30-3:45PM,
blood pressure checks, weight monitor-
and personal consultation. **Blood sugar testing (3rd
Thursday at 2:30 pm) for known Diabetics.** 100% OF
ALL DONATIONS GO TO THE VNA FOR THE ENHANCEMENT
OF VNA SERVICES.



ing

DRACUT SENIOR CITIZEN'S CLUB

The Dracut Senior Citizen's Club is a social club. Any senior 60 years or older may join. You do not have to be a Dracut resident to join., Stop by the Dracut COA every Tues. @ 9:30—11:00 and every Thurs. @ 9:30—12:45 for a membership. Members meetings at the Dracut Senior Center on the 2nd and 4th Wednesday of each month at 1:00 to 3pm. unless otherwise note. **Meetings: Wed. Dec. 11th., Wed. Dec.18th at 11:30 Christmas Party Dinner Dance at Lenzi's.**

A bingo game is held right after the meeting.

Annual dues are \$2.00 payable on meeting days.

Please call Mary Rowe for more info @ 978-697-6605

THE FREE NEEDY MEDS DRUG DISCOUNT CARD

Save up to 80% on prescriptions

*No fees or registration

*No financial, age or residency restrictions

*Cannot be used with insurance

See or call Donna Houston at 978-957-2611

Or on line @www.needymeds.org. Download, print, clip
and save.

Second Hand Rose

Thrift Shop - Open Daily

Dracut Council on Aging

951 Mammoth Road

Donations of new or gently used, clean
items arrive almost every day and are
greatly appreciated.

General Public Welcome

All proceeds benefit the Friends of the
Dracut Elderly, Inc.

FRIEND'S OF THE DRACUT ELDERLY, INC. BOARD MEMBERS

President, Michelle Runyan

Treasurer, Pat Cahill

Clerk, Barbara Dickinson

Member, Judy Fuller

Member, Linda Bloomgren

The Friends are a fundraising group for the sole purpose of the Dracut Council on Aging. They supplement the cost for classes such as the Art class, Energetics, Tai Chi & Computer class. They purchase supplies for the senior center such as paper goods, decorations, furniture, wall décor, curtains & whatever is needed. All volunteer events & parties & the Director's Coffee hour are sponsored by the Friends such as gifts, food & entertainment. Part of their mission is help for seniors in the community who are in need. They raise funds through "second hand rose" thrift shop & various basket raffles etc. Anyone who wishes to be a sponsor may do so at anytime. A \$3.00 donation or any amount is appreciated. We hope you will take this opportunity to join the Friends or renew your annual membership.

THANK YOU TO

The Dracut American Legion for sponsoring the November Veterans Breakfast.

DECEMBER

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| 2 | 3 | 4 | 5 | 6 |
| 8:30-9.....Free Breakfast 10:00.....Bone Builders 1:00.....Bingo 1:00.....Reiki | 8:30-9.....Free Breakfast 9:00-10:00.....Energetics 9:00-11:00.....Art Class 9:00....Grocery Shopping 10:30.....Bone Builders 12:30.....Knit/Crochet 1:00.....Reiki | 8:30 -9...Free Breakfast 9-11Beginners Computer 10-11.....Bone Builders 10:00-11:00.....Tai Chi 1-2.....Bone Builders 1:00.....Reiki | 8:30-9.....Free Breakfast 9:00-10:00.....Energetics 10:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 1:00.....Reiki | 8:30-9.....Free Breakfast 9:00.....Bowling 9-10.....Line Dancing 9:00.Walmart & Blue Angus/Laudies 12:00.....Cribbage 1-2.....Bone Builders 1:00.....Reiki |
| 9 | 10 | 11 | 12 | 13 |
| 8:30-9.....Free Breakfast 10:00.....Bone Builders 10-12.....Affordable Hearing Screening. 1:00.....Bingo 1:00.....Reiki Center Open Till 6:00 | 8:30-9.....Free Breakfast 9:00-10:00.....Energetics 9:00-11:00.....Art Class 9:00....Grocery Shopping 10:30.....Bone Builders 12:00..Movie (Home for Christmas: A Golden Christmas 3) 12:30.....Knit/Crochet 1:00.....Reiki | 8:30-9.....Free Breakfast 9-11Beginners Computer 10-11.....Bone Builders 10:00-11:00.....Tai Chi 1-2.....Bone Builders 1:00.....Senior Citizen's Club Meeting 1:00.....Reiki | 8:30-9.....Free Breakfast 9:00-10:00.....Energetics 9:30.....Shine 10:00.Willow Manor, talk on "winter safety" 10:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 1:00.....Reiki | 8:30-9.....Free Breakfast 9:00.....Bowling 9-10.....Line Dancing 3:30...Christmas Lights & Dinner 12:00.....Cribbage 1-2.....Bone Builders 1:00.....Reiki |
| 16 | 17 | 18 | 19 | 20 |
| 8:30-9.....Free Breakfast 10:00.....Bone Builders 10:30.Rep.Colleen Garry Office hours 1:00.....Bingo 1:00.....Reiki Center Open Till 6:00 | 8:30-9.....Free Breakfast 9:00-10:00.....Energetics 9:00-11:00.....Art Class 9:00....Grocery Shopping 10:30.....Bone Builders 11:30..MVNP site special 12:30.....Knit/Crochet 1:00.....Reiki | 8:30-9...Free Breakfast 9-11Beginners Computer 9:30.....Shine 10-11.....Bone Builders 11:30.....Senior Club Christmas Dinner Dance. 1-2.....Bone Builders 1:00.....Reiki | 8:30-9.....Free Breakfast 9:00-10:00.....Energetics 10:00.....Holiday Celebration 10:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 1:00.....Reiki | 8:30-9.....Free Breakfast 9:00.....Bowling 9:00.....Line Dancing 9:00..Target & T-Bones in Salem N.H. 12:00.....Cribbage 1-2.....Bone Builders 1:00.....Reiki |
| 23 | 24 | 25 | 26 | 27 |
| 8:30-9.....Free Breakfast 1:00.....Bingo NO Bone Builders Classes this week | 8:30-9.....Free Breakfast 9:00-10:00.....Energetics 9:00....Grocery Shopping Center Closed at 12noon For Holiday | CENTER IS CLOSED HAPPY HOLIDAYS | 8:30-9.....Free Breakfast 1:00.....Bingo 1:30-3:45...Nurse Nancy | 8:30-9.....Free Breakfast 9:00.....Bowling 9:00.....Line Dancing 9:00.. Chunky's lunch & movie 12:00.....Cribbage |
| 30 | 31 | January 1st. | | |
| 8:30-9.....Free Breakfast 1:00.....Bingo 1:00.....Reiki NO Bone Builders Classes this week | 8:30-9.....Free Breakfast 9:00....Grocery Shopping 1:00.....Reiki | Center Closed New Years Day | | |



Groups - Classes - Events



Groups Classes

BEGINNER'S COMPUTING

With Pat Merrill
Dec. 4, 11 & 18th
Wednesdays 9:00-11:00
\$15.00 for 8 Week Course

ENERGETICS

With Elaine Corsetti
Dec.3—Dec.24th
Tuesdays & Thursdays
9:00 –10:00
\$20.00 per session

TAI CHI

With Connie Rock
Dec.4 & 11th.
10:00—11:00
\$35 for Six Week Course

ART CLASS

With Stella Pappas
Dec. 3, 10 & 17th.
Tuesdays at 9:00 am to 11:00 am
\$40.00 per 8 week session
Sponsored in part by a grant from the Dracut
Cultural Council

BONE BUILDERS

FREE

Helps increase endurance & strength with
activities to improve balance & to prevent falls.
Warm up exercises, stretching. Class uses weights.

You work out at your own pace.

10:00-11:00 Mondays & Wednesdays

10:30-11:30 Tuesdays & Thursdays

1:00-2:00 Wednesdays & Fridays

**THERE WILL BE NO BONE BUILDERS
CLASSES THE WEEK OF DEC. 23RD. AND
WEEK OF DEC. 30TH.**

**Please call Judy Gilbert for any info on any of
the classes. @ 978-957-2611**

Lift Your Spirits

REIKI

Appointments are 1:00 & 3:00pm
each session is 40 minutes
\$3.00 a session

Reiki is an ancient touch therapy technique that
compliments traditional pain therapies.
Reiki has a positive effect on all forms of illness
from minor to chronic conditions such as arthritis,
fibromyalgia and other pain syndromes. It helps
alleviate the negative effects of chemotherapy,
post operative pain, depression as well as
improving the healing rate.

Please call the Center to make an appointment.
@ 978-957-2611

NOTE: PLEASE PAY FOR CLASSES WITH
A CHECK MADE OUT TO:
The Friend's of The Dracut Elderly, Inc.

Bowlers Needed

Small candlepins Bowling @Park Lanes in
Windham, NH Fridays at 9AM. \$12.00 includes
bowling and all banquets. **Call the COA office**
at 978-957-2611

BEGINNERS LINE DANCING

With Marcella Groulx

Every Friday @ 9:00—10:00 am **\$2 a class**

Library News

DCOA Librarian: Ruth Chappas

The DCOA Library has a magnifier for enlarging
print. The magnifier is available during Center hrs.

M.G. Parker Memorial Library

Library delivery to the homebound. Call **978-454-
5474** for more info **www.dracutLibrary.org**

LEGACIES VOLUME IX ANTHOLOGY

Are available at the senior center for **\$3.00**
In Memoriam, Friends of the Dracut Elderly, Inc.
memorial cards are available at the center.

UP COMING EVENTS IN DECEMBER

FREE BREAKFAST PROGRAM:

Oatmeal, Fruity muffin, Orange Smoothie. Cost is 50. for milk. **Mon.—Fri. at 8:30 Call Judy**

Affordable Hearing, Monday Dec. 9th 10-12pm

Free hearing screening, evaluations, hearing and maintenance and cleaning, minor hearing aid repairs. Please call for appointment at **978-957-2611**

DINNER & MOVIE

Tuesday Dec.10th

Dinner: At 11:30— Chicken L'Orange with baked potato. **Call Debbie at New # 978-957-2611** two days in advance to reserve your dinner. \$2 donation is suggested.

MOVIE:12Noon— Home for Christmas:

A Golden Christmas 3— Both Heather and Bobby hope to meet someone who makes them feel at home in this world, but they start to doubt that person exists. Thanks to two Golden Retrievers, eleven year old niece these two unlucky and unlikely people end up falling in love at Christmas.

Popcorn & Drinks Served

WILLOW MANOR

Will talk on "Winter Safety" with Jenna Schaefer

Thursday Dec. 12 at 10am

Refreshments & Christmas raffles.

Representative Colleen Garry

office hours **Monday Dec.16th at 10:30 am**

MVNP Site Special

Tuesday Dec.17th at 11:30

Tomato torellini soup.

Open face hot turkey sandwich, cranberry sauce, salad, shredded cheese and croutons. Call Debbie at **978-957-2611** two days in advanced to reserve your dinner. **\$2 donation is suggested.**

Holiday Celebration

Thursday Dec. 19 at 10:00am

Door prizes and refreshments will be served.

Quick Trips for December 2013

Friday-Dec.6th.....Walmart & Blue Angus/Laudies

Friday-Dec.13th...Christmas Lights & Dinner

Friday-Dec.20th...Target & T-Bones in Salem N.H.

Friday-Dec.27th...Chunky's lunch & movie

Dracut Senior Citizens Property Tax

Work Off Program 2014

Work in a town department for 62.5 hours and receive \$500 off your property tax bill. To be eligible for this program, an applicant must be 60 years or older, a home owner or current spouse of homeowner. Resident of the town of Dracut. Occupy the property for which the taxes are paid. Be retired and not working as of Jan. 1st, 2014. The tax payer only is not receiving any other abatement or exemption from the town of Dracut. Eligibility for the program is based on income levels of the Mass State Circuit Breaker guidelines. For a single person total income cannot exceed \$55,000, for head of household \$69,000 and for filing jointly \$82,000. Apply at the DCOA in the month Dec. 2013, present a copy of your tax bill, the first two pages of the 2012 Federal tax return 1040. If you do not file taxes a 4506-T form will need to be complete and they are available at the COA office. All eligible applications will be placed in a lottery and applicants will be notified sometime in January 2014.

DISPOSAL OF AMERICAN FLAGS

To dispose an American flag that is old and worn just drop it in the box marked **Old Flags** behind the **American Legion on Broadway Rd.** or bring them into the center C.O.A. and we will bring them to the Legion for you.

FUEL ASSISTANCE PROGRAM 2013

Annual Household Income Guidelines

| Household Size | Maximum Gross Income |
|----------------|----------------------|
| 1 | \$32.065 |
| 2 | \$41.932 |
| 3 | \$51.798 |

Families with more than 4 members, call us for gross income guidelines & to make appointment @ **978-957-2611**

Please Note: Copies of this newsletter are placed in the following locations:

Alexander's Pharmacy Inc., All Dracut Senior Housing Complexes, Bank North (Bridge St. Branch), Bridge Street Market Basket, CVS Pharmacy (Lakeview Ave.), Dracut Board of Health, Dracut Family Diner, Dracut Police Station, Dracut Town Hall Jeanne D'Arc Credit Union (Dracut Branch), Lucky Burner Service, Bobola's Restaurant, MV Chiropractic, Bridge St. Dracut, M.G. Parker Memorial Library, Pawtucketville Diner, Plaza Cleaning Center, Shaw's, St. Mary Magdalene Church, Tedeschi's (Mammoth Road), True Value, Dracut; St. Francis Church, Washington Savings Bank, 100 Broadway, Dracut, Dracut Barber Shop, Top Donut, Village Inn, St. Marguerite D'Youville Parish.

MVNP (978) 686-1422**December 2013 Client Menu**

| | | | | | | |
|--------------------------|-------------------|--------------------------|--------------------------|---------------------------------|---------------------------|-----|
| 2 | 3 | | 4 | | 5 | |
| Breaded Chicken | Beef Stroganoff | | Egg, Broc. & Cheese Bake | | Poast Pork with Gravy | |
| Cranberry Sauce | Whipped Potatoes | | Zucchini & Stew Tomatoes | | Red Bliss kWhip Potatoes | |
| Herb Whip Potato / Peas | Carrots | | Strawberry Cup | | Mixed Vegetables | |
| Fresh Apple | Pineapple | | Diets Peach Cup | | Mixed Fruits | |
| Oatmeal Bread | Whole Wheat Bread | | Italian Bread | | Multigrain Bread | |
| Kcal | Na+ | CHO | % Fat | Kcal | Na+ | CHO |
| 795 | 952 | 103 | 31 | 649 | 822 | 77 |
| 9 | | 10 | | 11 | 12 | |
| Sweet and Sour Meatballs | | Chicken L'Orange | | <i>High Sodium Meal</i> | New Orleans Diced | |
| White Rice | | Bkd Potato & LF Sour Crm | | Beef Burger / Ketchup | Chicken / White Rice | |
| Scandinavian Vegetables | | Peas and Carrots | | Baked Beans | Green Beans | |
| Peaches | | Tapioca Pudding / Diet | | Kernel Corn | Pineapple | |
| Light Rye Bread | | Pudding / Biscuit | | Fresh Orange | Whole Wheat Dinner Roll | |
| Kcal | Na+ | CHO | % Fat | Kcal | Na+ | CHO |
| 603 | 661 | 67 | 37 | 783 | 1347 | 108 |
| 16 | | 17 | | 18 | 19 | |
| Lemon Baked Fish | | Thai Diced Chicken | | Shepherd's Pie: | <i>B'day/Holiday Meal</i> | |
| White Rice | | White Rice | | (Seasoned Ground Beef, | Roast Beef with Gravy | |
| Mixed Vegetables | | Peas & Carrots | | Whip Potatoes & Corn) | Whipped Potatoes | |
| Strawberry Cup | | Mixed Fruits | | Chocolate Pudding | California Blend Veggies | |
| Diets Peach Cup | | Whole Wheat Dinner Roll | | Diet Pudding | Birthday / Holiday Cake | |
| Multigrain Bread | | Kcal | | Dinner Roll | Diet & MOW Plain Cake | |
| Kcal | Na+ | CHO | % Fat | Kcal | Na+ | CHO |
| 598 | 472 | 73 | 28 | 857 | 693 | 108 |
| 23 | | 24 | | 25 | 26 | |
| Beef Meatloaf with Gravy | | Stuffed Chicken Breast | | <i>No Meal Served</i> | Snowflake Roll | |
| Red Bliss Whip Potatoes | | Herb Wheipped Potatoes | | <i>Christmas Day Celebrated</i> | Kcal | Na+ |
| Vegetable Medley | | Peas & Carrots / Cran Sc | | | 932 | 872 |
| Mixed Fruuits | | Fresh Apple | | | CHO | 103 |
| Light Rye Bread | | Whole Wheat Bread | | | Apricot Chicken / White | |
| | | | | | Rice / Mixed Vegetables | |
| | | | | | Strawberry Cup | |
| | | | | | Diets Peach Cup | |
| | | | | | Whole Wheat Dinner Roll | |

